



SAFE SLEEP POLICY

Effective November 20, 2015

Providing infants a safe place to grow and learn is very important. For this reason, **Magical Adventures Learning Center** has created a policy on safe sleep practices for infants up to one year of age. Missouri Law (210.223.1, RSMo.) requires all licensed child care facilities that provide care for children less than one year of age to implement and maintain a written safe sleep policy in accordance with the most recent safe sleep recommendations of the American Academy of Pediatrics (AAP) to reduce the risk of SIDS. SIDS is “the sudden death of an infant under one year of age, which remains unexplained after a thorough investigation.

Safe Sleep Positions:

- Infants will be placed flat on their backs to sleep every time unless there is a physician signed sleep position waiver up to date on file at the center. In the case of a waiver, a waiver notice will be posted at the infant’s crib without identifying medical information. The full waiver will be kept in the infant’s file.
- Infant’s will not be placed on their side for sleeping.
- Infant’s will not be placed on their stomach for sleeping, regardless of a physician’s waiver.
- No child shall ever have their head covered. If the child covers their own head, the staff will uncover the head immediately.
- Devices, such as wedges or infant positioners will not be used since such devices are not proven to reduce the risk of SIDS.
- Infants who use pacifiers will be offered their pacifier when they are placed to sleep and it will not be put back in should the pacifier fall out once they fall sleep. Only the pacifier will be allowed in the crib. Pacifier mechanisms will not be allowed in the crib during sleep or nap times: this includes pacifier holders or the pacifier/animal one piece items.
- Pacifiers will be cleaned between each use, checked for tears, and will not be coated in any way with any sweet, or other solution.
- Parents are asked to provide replacement pacifiers on a regular basis or as needed.
- Infants shall not be overdressed when sleeping, to avoid overheating. Infants shall be dressed appropriately for the environment, with not more than one layer more than an adult would wear to be comfortable in that environment.
- While infants will always be placed on their backs to sleep, when an infant can easily turn over from back to front and front to back, they can remain in whatever position they prefer to sleep.

Safe Sleep Environment:

- The classroom temperature must be maintained for the comfort of the children, not the adults. Room temperature will be kept at at no less than 68 degrees and no more than 85 degrees when measured two feet from the floor.
- Each infant will have their own individual crib and tight fitted sheet which will be washed weekly, at minimum. Soft materials or objects such as pillows, quilts, comforters, sheepskins, sleep positioners, blankets, flat sheets,

cloth diapers, bibs, toys, wedges, special mattresses or surfaces, or any other similar item will not be placed under a sleeping infant or be allowed in the crib at any time.

- Sitting devices such as car seats, strollers, wings, infant carriers, bouncers, or other sitting devices shall not be used for sleep/nap time. Infants who fall asleep anywhere other than a crib, shall be placed in the crib for the remainder of their sleep or nap time.
- Toddlers (over one year of age) will be provided a cot for napping alone and will be permitted a blanket, as well.
- Sleeping equipment shall be arranged to provide at least a two foot aisle on one long side of the equipment.
- Magical Adventures Learning Center has minimized the exposure to second hand smoke while children are in care. No staff is permitted to smoke during working hours; thus reducing the risk of exposure.

Director, Staff, Substitutes, and Volunteer Expectations:

- No staff will expose any child in the centers to second hand smoke. Smoking during any part of working hours is not permitted.
- Staff will have SIDS training every three years through a department approved provider. All current staff must have completed the initial training by February 20, 2016.
- Staff will position infants on their back to sleep at all times unless a waiver has been completed by a physician. At no time will an infant be placed on their stomach, regardless of a waiver.
- Staff will be allowed to turn down lighting but there must be enough lighting in the room to effectively see the children to determine if they are in distress or not.
- Staff will be allowed to have background music or sounds but the noise level must not interfere with the ability to hear if a child may be in distress or not.
- Staff will physically check on sleeping children every 15 minutes for distress, comfort level, and if lighting and sounds are interfering with children's safe sleep.
- Staff will never allow a child's head to be covered. If the child covers their own head, the staff will immediately uncover the head.
- Staff will give each parent and/or guardians in the infant/toddler rooms a copy of the Safe Sleep Policies. Parents and/or guardians will acknowledge the receipt of the policy. Staff will, also, sign they understand the policy.

I, _____, Parent or Guardian of _____

Fully understand this policy and will adhere to it or will obtain a physician's waiver prior to the change request. If at any time I have questions or concerns, I agree to discuss these with the owners.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Magical Adventures Representative

Date